



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 01151, Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)

Report Date: July 09, 2017 12:23 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	90.84	12	0.032	90.58	91	11.0	90.768	90.91	1	Analytical or derived from analytical	--	12/2008
Energy	kcal	34	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Energy	kJ	142	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Protein ¹	g	3.37	12	0.032	3.27	3.67	11.0	3.299	3.442	1	Analytical or derived from analytical	--	12/2008
Total lipid (fat) ¹	g	0.08	12	0.009	0.05	0.14	11.0	0.061	0.099	1	Analytical or derived from analytical	--	12/2008
Ash ¹	g	0.75	12	0.006	0.71	0.78	11.0	0.741	0.766	1	Analytical or derived from analytical	--	12/2008
Carbohydrate, by difference	g	4.96	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Fiber, total dietary	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Sugars, total ¹	g	5.09	12	0.048	4.67	5.27	11.0	4.99	5.199	1	Analytical or derived from analytical	--	12/2008
Sucrose ¹	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Glucose (dextrose) ¹	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Fructose ¹	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Lactose ¹	g	5.09	12	0.048	4.67	5.27	11.0	4.99	5.199	1	Analytical or derived from analytical	--	12/2008
Maltose ¹	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Galactose ¹	g	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Minerals													
Calcium, Ca ^{2 3 4 5}	mg	122	4	0.946	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Iron, Fe ^{2 3 4 5}	mg	0.03	4	0.003	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Magnesium, Mg ^{1 6 7 8 9 10 11 12}	mg	11	41	0.071	6	12	13.0	10.67	10.978	8	Analytical or derived from analytical	--	12/2008
Phosphorus, P ^{1 6 7 8 9 10 11 12}	mg	101	39	0.424	51	104	10.0	99.961	101.842	8	Analytical or derived from analytical	--	12/2008
Potassium, K ^{1 6 7 8 9 10 11 12}	mg	156	26	0.764	149	167	9.0	154.104	157.574	8	Analytical or derived from analytical	--	12/2008

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Sodium, Na 1 6 7 8 9 10 11 12	mg	42	40	0.421	30	62	11.0	40.979	42.845	8	Analytical or derived from analytical	--	12/2008
Zinc, Zn 1 6 7 8 9 10 11 12	mg	0.42	27	0.003	0.28	0.45	14.0	0.413	0.427	8	Analytical or derived from analytical	--	12/2008
Copper, Cu 1	mg	0.013	24	0.000	0.01	0.01	20.0	0.013	0.013	1	Analytical or derived from analytical	--	12/2008
Manganese, Mn 1	mg	0.003	12	0.000	--	--	--	--	--	1	Analytical or derived from analytical	--	12/2008
Selenium, Se 1	µg	3.1	11	0.260	2.1	4.3	10.0	2.536	3.695	1	Analytical or derived from analytical	--	12/2008
Fluoride, F 1	µg	3.1	5	0.055	3	3.4	3.0	2.903	3.253	1	Analytical or derived from analytical	--	12/2008
Vitamins													
Vitamin C, total ascorbic acid 1	mg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Thiamin 1	mg	0.045	12	0.004	0.02	0.07	11.0	0.036	0.054	1	Analytical or derived from analytical	--	12/2008
Riboflavin 1	mg	0.182	12	0.004	0.16	0.2	11.0	0.174	0.19	1	Analytical or derived from analytical	--	12/2008
Niacin 1	mg	0.094	12	0.004	0.06	0.1	11.0	0.086	0.103	1	Analytical or derived from analytical	--	12/2008

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Pantothenic acid ¹	mg	0.357	4	0.005	0.34	0.36	3.0	0.341	0.374	1	Analytical or derived from analytical	--	12/2008
Vitamin B-6 ¹	mg	0.037	12	0.001	0.03	0.04	11.0	0.035	0.039	1	Analytical or derived from analytical	--	12/2008
Folate, total ¹	μg	5	10	0.000	5	5	--	--	--	1	Analytical or derived from analytical	--	12/2008
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Folate, food	μg	5	10	0.000	5	5	--	--	--	1	Analytical or derived from analytical	--	01/2009
Folate, DFE	μg	5	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2009
Choline, total ¹	mg	15.6	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Betaine ¹	mg	1.9	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Vitamin B-12 ^{2 3 4 5}	μg	0.50	4	0.069	--	--	--	--	--	4	Analytical or derived from analytical	--	12/2008
Vitamin B-12, added	μg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	12/2008
Vitamin A, RAE	μg	2	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Retinol	μg	1	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Carotene, beta	μg	7	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Carotene, alpha	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Cryptoxanthin, beta	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Vitamin A, IU	IU	15	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
Lycopene	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Lutein + zeaxanthin	µg	0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	12/2008
Vitamin E (alpha-tocopherol) ¹	mg	0.01	12	0.002	0	0.02	11.0	0.002	0.009	1	Analytical or derived from analytical	--	12/2008
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta ¹	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocopherol, gamma ¹	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Tocopherol, delta ¹	mg	0.00	12	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	01/2009
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Calculated or imputed	01211	01/2009
Vitamin K (phylloquinone) ¹	µg	0.0	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	01/2009

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Lipids													
Fatty acids, total saturated	g	0.051	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
4:0	g	0.004	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
8:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
10:0	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
12:0	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
14:0	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
16:0	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:0	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Fatty acids, total monounsaturated	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
16:1 undifferentiated	g	0.003	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:1 undifferentiated	g	0.018	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Fatty acids, total polyunsaturated	g	0.003	--	--	--	--	--	--	--	--	Calculated or imputed	--	01/2009
18:2 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:3 undifferentiated	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	01/2009
Cholesterol	mg	2	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2008
Amino Acids													
Tryptophan 2 3 4 5	g	0.043	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Threonine 2 3 4 5	g	0.144	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Isoleucine 2 3 4 5	g	0.174	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Leucine 2 3 4 5	g	0.319	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Lysine 2 3 4 5	g	0.282	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Methionine 2 3 4 5	g	0.088	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Cystine 2 3 4 5	g	0.021	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Phenylalanine 2 3 4 5	g	0.175	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tyrosine 2 3 4 5	g	0.170	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Valine 2 3 4 5	g	0.221	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Arginine 2 3 4 5	g	0.096	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Histidine 2 3 4 5	g	0.102	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Alanine 2 3 4 5	g	0.114	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Aspartic acid 2 3 4 5	g	0.288	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glutamic acid 2 3 4 5	g	0.757	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Glycine 2 3 4 5	g	0.067	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Proline 2 3 4 5	g	0.332	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011
Serine 2 3 4 5	g	0.203	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2011

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Hydroxyproline ¹	g	0.000	4	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	12/2008
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	Assumed zero	--	--	12/2008
Caffeine	mg	0	--	--	--	--	--	--	--	Assumed zero	--	--	12/2008
Theobromine	mg	0	--	--	--	--	--	--	--	Assumed zero	--	--	12/2008

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 6b, 2002 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11a, 2007 Beltsville MD

³Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11b, 2007 Beltsville MD

⁴Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11c, 2007 Beltsville MD

⁵Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 11d, 2007 Beltsville MD

⁶Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1995

⁷Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1996

⁸Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1997

⁹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1991

¹⁰Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1992

¹¹Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1993

¹²Food and Drug Administration (FDA), DHHS FDA Total Diet Study, 1994